

Making Pride More Accessible

Pride celebrations should be a place where everyone – including Neurodivergent and Autistic community members – can feel welcome, safe, and able to participate authentically.

However, conventional Pride events can sometimes be overwhelming or inaccessible: loud music, large crowds, bright lights, inaccessible paths, and unstructured environments can present real barriers.

Fortunately, more Pride organisers are recognising this and taking steps to create Neurodivergent-affirming and disability accessible Pride spaces.

This may include:

Providing quiet zones or sensory spaces

Offering visual schedules or detailed event information in advance

Ensuring volunteers are trained in neuro-affirming approaches

Encouraging authentic, stim & AAC-affirming environments

Holding smaller, quieter community Pride events for those who need them

Providing accessible paths and facilities

If you're attending a Pride event this year, check whether these supports are in place, and don't hesitate to ask organisers what accommodations are available.

Neurodivergent-Affirming Pride Tips

Here are some ways to support your own sensory needs and well-being while celebrating Pride in ways that work for you:

 **Bring noise-cancelling headphones or earplugs**

They can help you enjoy the event while managing sound sensitivity.

 **Look for quiet zones or online options**

Many events offer sensory-affirming spaces or livestreams you can watch from home.

 **Give yourself permission to take breaks – or leave early.**

Your comfort comes first. It's okay to step away as often as you need, or to attend only the parts of Pride that feel manageable.


 Choose smaller or community-led Pride spaces

Large city-wide parades can be overwhelming.

Smaller local events or Autistic LGBTQIA2S+ specific community gatherings may feel more welcoming and easier to navigate.

 Celebrate creatively at home. There is no "one right way" to do Pride.

If big events aren't for you, celebrate at home – decorate your space, wear your Pride colours, create art, or join an online community event.

 Communicate your needs. If you're attending with friends or family, let them know how they can support you – whether that's helping you find a quiet spot or checking in throughout the event.

Accessibility and Inclusion Checklist For Pride Event Organisers and Community Members

**Let's make Pride celebrations welcoming for our Autistic,
Neurodivergent, and Disabled community members.**

**These checklists offer ideas for creating more accessible,
inclusive spaces – and for helping you advocate for your
needs as participants:**

For Organisers:

- ✓ Provide clear event information ahead of time (maps, schedules, transport tips, sensory notes).**
- ✓ Offer sensory-affirming spaces and quiet zones.**
- ✓ Provide visual schedules and signage where possible.**
- ✓ Include content warnings for loud noises, flashing lights, or other sensory impacts.**
- ✓ Encourage a welcoming environment for stimming, AAC use, mobility devices, and comfort items.**

✓ Train volunteers on accessibility and Neurodivergent-affirming approaches.

✓ Ensure gender-neutral and accessible bathrooms (or portable changing places) are available.

✓ Offer online participation options where possible (livestream, virtual Pride spaces).

✓ Collaborate with Autistic, Neurodivergent, and Disabled voices in event planning (don't leave it as an afterthought).

For Community Members:

✓ Check accessibility info before attending – don't hesitate to ask organisers if it isn't provided.

✓ Bring sensory supports that work for you (noise-cancelling headphones, sunglasses, fidgets).

✓ Attend with trusted friends/allies who understand your needs.

✓ Make a flexible plan – know where you can take breaks or leave if needed.

✓ Trust your instincts – it's okay to celebrate Pride in your own way, at your own pace.

✓ Share feedback with organisers afterwards to help make future events even more inclusive.

Affirming Language Tips for Allies

How can we affirm and support our Autistic LGBTQIA2S+ friends?

Use chosen names and correct pronouns (if you are unsure, ask).

Believe and respect self-identification

Support sensory needs

Don't expect masking or "fitting in" Uplift Autistic

LGBTQIA2S+ voices

This list is not exhaustive.

Remember:

An accessible Pride is a more joyful and inclusive Pride – one where all members of our diverse community can show up as their full selves.

Together, we can build spaces where everyone belongs.

Above all:

You do not need to conform to how others celebrate Pride.

You deserve to experience Pride in ways that feel joyful, safe, and authentic for you.

Whether you march in the streets or celebrate quietly in your own way – you belong, and your presence matters.

